

About Katy David, LPC-S

Katy David has been a holistic psychotherapist in Austin, Texas since 2012, and is the Founder and Executive Director of Bloom Therapy, a premier group practice and training center in Austin, Texas that specializes in providing holistic, experiential psychotherapy to the community and cultivating therapists of exceptional quality. Katy's clinical work specializes in healing anxiety, trauma, PTSD, depression, self-esteem, and life fulfillment issues. She especially enjoys helping adults recover from abusive or traumatic childhoods, helping individuals date with intentionality to find their ideal partner in life, and helping people find personal empowerment and deepen their spirituality. She integrates Somatic Experiencing, Hypnotherapy, Internal Family Systems, Hakomi, AEDP, mindfulness training, intuitively-guided spiritual work, and her own modality, Present Pulse Recognition Therapy.

Katy earned her Master of Arts in Counseling from St. Edward's University in May of 2012, graduated with Honors, and holds a Bachelor of Science from the University of Texas at Austin. Having initially trained in clinical hypnosis under George Glaser, LCSW, she now has over a decade of experience integrating hypnotherapy into her clinical practice. She is Certified as an Approved Consultant in Clinical Hypnosis through ASCH, and formerly served as board Secretary for the Central Texas Society of Clinical Hypnosis. As a long-time Certified Yoga Teacher for over a decade, she has specialized training in Integrative Yoga Therapy and Phoenix Rising Yoga Therapy. Katy became an LPC-Supervisor in 2019, and provides clinical supervision to LPC-Associate therapists at Bloom Therapy.

Katy has a passion for spreading her expertise and making exceptional psychotherapy more prevalent. In addition to her clinical work and serving as Bloom Therapy's Executive/Clinical Director, Katy enjoys teaching. Her primary professional focus is cultivating exceptional therapists and exemplary client care of all Bloom Therapy clients through clinical supervision, education, support, mentorship, and leadership of the Bloom Therapy Team. Her approach to licensed clinical supervision is both psychotherapeutic and integrative in nature, focusing on teaching somatic, experiential, and holistic therapies. Hypnotherapy is a powerful tool that helps clients capitalize on the healing power of focused attention and the natural brain-state of trance; Katy enjoys providing mentorship for psychotherapists who want to learn this tool. She is passionate about teaching the therapeutic process from a holistic perspective (one that honors the mind/body/energy/spirit connection), and is eager to share these powerful tools and understandings. In response to the high demand for in-person hypnosis training, Katy offers her Level 1 ASCH course, "Fundamentals of Clinical Hypnosis", twice per year in the Spring and Fall, hosted by Bloom Therapy.